• New York state has lost a net average of 150,000 residents per year from 2005-2013, with the state of Florida a top export destination, resulting in a loss of congressional representation.

• From 2010 to 2014, the nine-county Hudson Valley grew at 1.3% adding 31,974 new residents, but the only counties that saw population growth were Orange, Rockland and Westchester Counties.

• Outside of Orange, Rockland and Westchester Counties, Hudson Valley counties are seeing losses due to both domestic migration and declining birth rates. Columbia and Greene Counties have had more deaths than births every year since 2000, with Ulster County joining its northern neighbors for the first time in 2013 with more deaths than births.

• At the municipal level, while Westchester County has 40% of the Hudson Valley's population, the fastest growing communities are found in largely suburban and rural areas of the region, especially in Orange and Rockland Counties.

• In many cases, growth rates in municipalities are fueled by ethnic and/or religious groups, particularly the Hasidic or Jewish Orthodox community and the Hispanic or Latino community.

• The communities showing the greatest numerical decline between 2000 and 2013 were the City of Hudson in Columbia County, the City of Mount Vernon and the Town of Bedford in Westchester County.

• County-to-county migration patterns in the Hudson Valley show that 79% of movers are leaving the Hudson Valley; however, many of these movers are choosing destination counties that are on the periphery of the region - both inside and outside New York State - rather than far-away destinations.

• Those most likely to move into or within the Hudson Valley include 18-34 year olds; racial and ethnic minorities, particularly blacks and Latinos; those with less than a high school degree; and those in lower income brackets.

• Nationwide, the top reasons for moving tend to be housing-related, family-related, and job-related.